



Full Report (All Nutrients) 14084, Alcoholic beverage, wine, table, all

Report Date: July 04, 2017 15:15 EDT

Nutrient values and weights are for edible portion

Food Group : Beverages

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving (5 fl oz) 148g	1 fl oz 29.5g
Proximates						
Water	g	86.58	--	--	128.14	25.5
Energy	kcal	83	--	--	123	2
Energy	kJ	347	--	--	514	10
Protein ¹	g	0.07	--	--	0.10	0.0
Total lipid (fat) ¹	g	0.00	2	--	0.00	0.0
Ash ²	g	0.24	2526	0.038	0.36	0.0
Carbohydrate, by difference	g	2.72	--	--	4.03	0.8
Fiber, total dietary ¹	g	0.0	2	--	0.0	0.0
Sugars, total ¹	g	0.79	2	--	1.17	0.2
Minerals						
Calcium, Ca ¹	mg	8	2	--	12	
Iron, Fe ¹	mg	0.37	2	--	0.55	0.1
Magnesium, Mg ¹	mg	11	2	--	16	
Phosphorus, P ¹	mg	20	2	--	30	
Potassium, K ¹	mg	99	2	--	147	2
Sodium, Na ¹	mg	5	2	--	7	
Zinc, Zn ¹	mg	0.13	2	--	0.19	0.0
Copper, Cu ¹	mg	0.007	2	--	0.010	0.00
Manganese, Mn ¹	mg	0.124	2	--	0.184	0.03
Selenium, Se ¹	µg	0.2	2	--	0.3	0.
Fluoride, F ¹	µg	153.3	31	48.699	226.9	45.

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving (5 fl oz) 148g	1 fl oz 29.5g
Vitamin C, total ascorbic acid ¹	mg	0.0	2	--	0.0	0.0
Thiamin ¹	mg	0.005	2	--	0.007	0.001
Riboflavin ¹	mg	0.023	2	--	0.034	0.007
Niacin ¹	mg	0.166	2	--	0.246	0.049
Pantothenic acid ¹	mg	0.037	2	--	0.055	0.011
Vitamin B-6 ¹	mg	0.054	2	--	0.080	0.016
Folate, total ¹	μg	1	2	--	1	0
Folic acid	μg	0	--	--	0	0
Folate, food	μg	1	2	--	1	0
Folate, DFE	μg	1	--	--	1	0
Choline, total	mg	5.0	--	--	7.4	1.5
Vitamin B-12 ¹	μg	0.00	2	--	0.00	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	0	--	--	0	0
Retinol	μg	0	--	--	0	0
Carotene, beta	μg	0	--	--	0	0
Carotene, alpha	μg	0	--	--	0	0
Cryptoxanthin, beta	μg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	μg	0	--	--	0	0
Lutein + zeaxanthin	μg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ³	μg	0.0	1	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving (5 fl oz) 148g	1 fl oz 29.5g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl ²	g	10.4	2526	0.158	15.4	3.1
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7b, 2002 Beltsville MD

²Alcohol and Tobacco Tax and Trade Bureau Wine and malt beverage data from TTB, 2004 Beltsville MD

³C. Bolton-Smith, R.J.G. Price, Steven T. Fenton, Dominic J. Harrington, M.J. Shearer Compilation of a provisional UK database for the phylloquinone (vitamin K) content of foods, 2000 British Journal of Nutrition 83 pp.389-399